



WINGSPAN

132D WING MONTHLY REPORT

WING ANNUAL FITNESS AWARD

by MSgt Jocelyn F. Dodge
168th COS, First Sergeant

The WAFA is an acronym that stands for Wing Annual Fitness Award. The First Sergeants Council devised this idea to inspire the Wing to go out and move. Most of the AFSCs in our Wing demand long hours at a desk, tracking & supervising Airman, guarding gates, CBTs, ACAs/EPRs, and minimally moving. Our bodies are meant to move, and physical activity enhances our body's functions, and our brain's learning and memory mechanisms. If we want to live better, healthier lives, we need to move more.

There are no rules with your moving either, and it can look like anything; chatting with a friend while walking, training for a marathon, lifting because "suns out guns out", or just preparing to pass a PT Test.

Movement is a powerful tool in fighting depression and anxiety as we transition to the next chapter as an Air Force. I know a lot of us read this recently in Accelerate Change or Lose (ACOL). It isn't about perfection but about growing a Wing climate that values mental and physical health. Every single one of us has a hand in this.

How it works is pretty simple. Whoever you fall under for Group or Squadron will receive points that are equal to your Annual PT Score. If I score an 86, my Group/Squadron will get 86 points towards the WAFA. If someone fails or goes overdue, then their Group/Squadron will lose 50 points each time one of those events happens. Medical exceptions will not be calculated into the WAFA. This scoring has been tested with smaller 18 personnel Flights and larger 97 personnel Groups and has shown to be fair and effective. At the end of the year Awards Ceremony, the Wing Commander will award this trophy to the overall winner.

One of my favorite movie quotes is, "if you're not first your last," but in this case, we will all benefit from moving more and better total fitness that comes with it.





Shadow Operations Center - Nellis (ShOC-N) located at Nellis AFB, Nevada



Members of 132d Intelligence, Surveillance and Reconnaissance Group receiving a tour out at the 57th Munitions Squadron



Checking out equipment at the Threat Training Facility

75 members of the Intelligence, Surveillance and Reconnaissance Group were out at the Shadow Operations Center - Nellis (ShOC-N) located at Nellis Air Force Base, Nevada this past month, showcasing their ability to stand up operations anywhere in the world. They also had the opportunity to see how their duties translate into other aspects of the missions they support.

"It's helped me see where I fit in with the bigger picture. Sometimes when you come in, it's easy to get tunnel vision and only focus on your job, what you need to be getting done," said Senior Airman Teara Jones Targeting Analysts, 132d ISRG. "It's cool to come out here and not only see how I fit into the bigger picture but see how my peers and other intel analysts fit into the overall mission."



Staff Sgt. Ethan Backes refueling an F-16 at Nellis AFB



Staff Sgt. Perry Blackman & Staff Sgt. Russell Bunger working with 99th Logistics Readiness Squadron at Nellis AFB

Last month, 32 Airmen from the Logistics Readiness Squadron traveled to Nellis Air Force Base in Las Vegas, Nevada, for annual training. During training, the 132d LRS was able to support operations of the 99th LRS while performing required training tasks they are unable to complete at home. Airmen were able to gain a better understanding of LRS full-spectrum capability operations preparing them to support mission operations at home and abroad.

"Our aggressive approach to training while on station reduced our overall training gap by 20%," said Lt. Col. Brandon Cochran, 132d LRS Commander. "The credit goes 100% to supervisors for putting together and facilitating quality training as well as the Log Dogs themselves for getting after the objective."



132d Logistics Readiness Squadron members work and train with the 57th Munitions Squadron



Senior Master Sgt. Scott Moore's retirement ceremony during May Drill.



Member of the 132d Civil Engineering Squadron take care of some road work around the base



Cutting down trees suffering from the emerald ash borer



Stephanie Ploeger promoted to chief master sergeant over May Drill.



For more photos, videos and stories follow the 132d Wing on social media @132dWing



Adam Maharry being promoted to senior airman at 36,000 feet



132d Intelligence, Surveillance and Reconnaissance Group members at the Hoover Dam



132d Wing members taking part in an international cyber security exercise at Iowa State University



Capt. Joseph Appenzeller named Al Udeid Airbase Company Grade Officer of the Month



DO YOU NEED A CHANGE OF HEART?

by Ch. David Doty
132d Wing Chaplain

On December 2, 1982, Dr. Barney Clark experienced a first in medical history. His diseased heart was replaced with a mechanical heart. He suffered from cardiomyopathy, an extreme weakening of the heart. The surgeon, Dr. William DeVries, replaced Dr. Clark's diseased heart with a new one, which gave him 112 more days of life. Before he died, Dr. Clark told reporters that the new heart had given him new life.

The prophet Ezekiel realized that the nation of Israel was sick. The nation suffered from rebellion, which led to captivity by the Babylonians. The only thing that could change Israel was a new heart. God spoke to Ezekiel, saying, "And I will give them one heart, and I will put a new spirit within you, and I will take the stone heart out of their flesh, and will give them a heart of flesh" (Ezek. 11:19).

The heart spoken in this passage of Scripture is the heart of human nature. God saw that it needed to be changed. The question has to be asked, "Can human nature really be changed?" The answer is "yes." I feel it can be changed through the power of love. Many times, in the reading of the Jewish and Christian Scriptures, we are told to love; love God, love each other, love your neighbor, etc. Love is an overpowering weapon against all forms of sin and evil like hate, apathy, racism, violence, neglect, abuse, and animosity. Use love to combat the ills plaguing our world today.

Having love in your life is freeing. Many years ago, my dad had open-heart surgery. He was not exactly the picture of health; from his diet and lack of exercise to his constant smoking, he had suffered two heart attacks, and finally, his doctor said he needed bypass surgery. In September of 1986, he had five bypasses. The one statement I remember well him saying was, "I didn't know how bad I felt until I felt better." This is the way of hatred. It is a slow process that, over time, takes over a person's life until hatred is all they feel. Using love to overcome can cause a change of heart in you and those around you. Instead of turning to anger to solve a problem, try love. Instead of using abusive language to make your point, try love. Try love and see how different situations can turn into real solutions, with both sides feeling good about the outcome.

Try love!

Chaplain





132d Wing Boss Lift

July 13th or 14th

Event for Service Member
Employers and Business
Leaders

What is a Boss lift?

A boss lift gives civilians the opportunity to experience the professionalism and expertise of our Iowa Air National Guard members. Individuals that participate in this event will walk away with an appreciation of the aviation assets we have in our state and a clearer understanding of the skills learned through the military training of our Air Guard members.

Agenda

Arrival Time: 7:30AM-8:00AM

Start Time: 8:00AM

The 132d Wing Mission:

Operations Group, Intelligence, Surveillance and Reconnaissance Group, Mission Support Group, Agile Combat Support

The Flight: Supported by: The 185th Air Refueling Wing KC-135 Stratotanker

Lunch will be provided (at no cost to attendees)

Choose your date: July 13th or 14th

Registration Deadline: July 1st

Register by completing the form below and email to: david.m.mitchell11.ctr@army.mil or call: 515-252-4145

Event Address:

132d Wing
3100 McKinley Road
Des Moines, IA 50321

Please complete all fields in the form below to qualify to participate.

Select Participation Date (only select one date): ☐ July 13 ☐ July 14

Full Name Click here to enter text.

Business Name: Click here to enter text. **Title:** Click here to enter text.

Address (Street, City, ST, Zip): Click here to enter text.

Cell Phone Number: Click here to enter text.

Email: Click here to enter text. **Cell Number:** Click here to enter text.

For base security purposes please provide the following information. We must have this information in order for you to access the base that day.

Required:

Driver's License # Click here to enter text.

State of Licensing (initials) Click here to enter text.

Date of Birth Click here to enter text.

Not Required to Participate

Do you have any employees that are members of the Guard or Reserve? ☐ Yes ☐ No

Service Members name that works for your company: Click here to enter text.

Service Members Email: Click here to enter text. **Service Members Phone:** Click here to enter text.

Email the completed form or information to: david.m.mitchell11.ctr@army.mil by **July 1, 2022** to reserve your space.



ARRIVALS

2LT	Cochran, Mitchell	124 ATKS	17-Dec-22
2LT	Sedlmayr, Zacary	124 ATKS	18-Mar-22
A1C	Reece, Landra	232 IS	4-May-22
AB	Bendinger, Matthew	232 IS	13-May-22
A1C	Roering, Zachary	124 ATKS	13-May-22
AB	Stark, Kolton	233 IS	13-May-22
A1C	Herold, Debra	132 WG	14-May-22
AB	Van Ryswyk, Samuel	132 ISS	15-May-22
2LT	Maguire, Stephen	132 DTOC	18-Mar-22

DEPARTURES

SSgt	Cochran, Mitchell	132 OG	16-Dec-21
MSgt	Sedlmayr, Zacary	132 LRS	17-Mar-22
SSgt	Maguire, Stephen	132 DTOC	17-Mar-22
SrA	Schmidt, Michael	132 SFS	6-Apr-22
CMSgt	Stock, Stephanie	MSG	1-May-22
SMSgt	Follis, Chad	132 LRS	1-May-22
CMSgt	Nash, Tom	132 ISS	2-May-22
SSgt	England, Alex	132 ISS	10-May-22
SSgt	Stadtmueller, Mitchell	132 CF	27-May-22
SSgt			





PROMOTIONS

SMSgt	Gregory Lane	232 IS	11-Jun-22
SMSgt	Spencer, Stacia	132 MDG	15-Jun-22
SMSgt	Gill, Sukhraj	132MDG	15-Jun-22
MSgt	Foster, Calvin	132 WG	15-Jun-22
MSgt	Brady, Joshua	132 CES	1-Jun-22
MSgt	Macken, Robert	132 CF	1-Jun-22
MSgt	Vanzee, Robert	232 IS	1-Jun-22
MSgt	McDonald, Richard	132 CF	1-Jun-22
MSgt	Carey, Andrew	132 CES	15-Jun-22
TSgt	Waterman, Bradley	132 CF	1-May-22
TSgt	Trotter, Benjamin	132 CF	1-May-22
TSgt	Slezak, Kelsey	132 OG	1-Jun-22
TSgt	Albee, Sarah	132 WG	1-Jun-22
TSgt	Mena, Ryan	132 FSS	15-Jun-22
SSgt	Taylor, Alex	132 OSS	1-Jun-22
SSgt	Hernandez Jarillo, David	132 FSS	1-Jun-22
SSgt	Price, Stephen	132 FSS	1-Jun-22
SrA	Heckman, Carson	132 LRS	1-Jun-22
SrA	Amato, Elena	132 MDG	1-Jun-22
SrA	Abrams, Kearra	132 OG	1-Jun-22
SrA	Welch, Austin	233 IS	15-Jun-22
SrA	June, Shawn	132 ISS	15-Jun-22
A1C	Brown, Madelyn	132 CF	1-Jun-22
A1C	Wurst, Jarrett	132 CF	1-Jun-22
A1C	Stark, Kolton	233 IS	1-Jun-22
A1C	Solis, Dominic	168 COS	1-Jun-22
A1C	David, Donald	124 ATKS	1-Jun-22
A1C	Abdulrazzak, Salah	132 SFS	1-Jun-22
Amn	Onken, Haley	132 LRS	1-Jun-22
Amn	Larsen, Benjamin	DTOC	1-Jun-22
Amn	Roll, Brody	132 FSS	1-Jun-22
Amn	Cyr, Caleb	168 COS	15-Jun-22





Drill Weekend

LUNCH MENU

HOURS: 11-1230

SATURDAY

Main Line

- Salmon Filet Stuffed w Crab
- Chicken in Dijon Sauce
- Lemon Rice
- Vegetable Blend
- Roasted Broccoli

Short Line

- Walking Taco Bar
- Poblano White Cheddar Soup

SUNDAY

Main Line

- Honey Siracha Chicken
- Steak Bites w Garlic Butter
- Mashed Potatoes
- Vegetable Blend
- Brussel Sprouts

Short Line

- Ribwich
- Fries

